

VERMONT TELEGRAPH.

"I AM SET FOR THE DEFENCE OF THE GOSPEL."

O. S. MURRAY, EDITOR AND PROPRIETOR.

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TERMS.

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EDUCATION.

Further Extracts from Weld's Report on Manual Labor.

If the facts, reasonings, and testimony already presented, have any force, they carry us to the following results: First, bodily exercise is indispensable to man, demanded alike by the necessities of his corporeal, intellectual, and moral nature, his individual happiness, and social usefulness; and Second, this exercise should be incorporated into our systems of education, and alternated with study in all seminoes of learning.

The arrangements of time for this exercise, the amount to be taken, and the kind of exercise best adapted to accomplish all the objects desired, most naturally come next under consideration. I remark,

1. This exercise must be taken daily. The necessity of this might be shown by reference to the laws of the human constitution. But it would be more in keeping with the design of this communication, to present facts and the results of experience, rather than an investigation into those causes which fall more legitimately within the province of the physiologist.

"Exercise is needed every day as much as food."—*Duyspeyde Forestalled.*

"There is no one, not actually laboring under disease, who should not consider it duty to appropriate a certain portion of every day to active exercise in the open air."—*Journal of Health.*

"My experience and observation have convinced me of the importance of regular exercise for the preservation of health."—*Hon. John Quincy Adams, Mass.*

Our next inquiry respects the amount of time required for daily exercise. No accredited authority recommends less than two hours, as a general rule for students. Indeed, after much search in medical authors and standard works on education, I have found hardly an individual who does not recommend more. Some are in favor of two hours and a half; but a very large majority insist upon three hours as the least amount that will fully meet the necessities of the student. Not a few recommend four hours, and some even five and six. But there is a decided preponderance in favor of three hours a day. It may be remarked,

2. The student should spend at least three hours daily in exercise. Like every general rule, this has its exceptions.—The student may be laboring under organic disease, which might be aggravated by much exercise. Those also who possess little physical energy, and have never been accustomed to much muscular exertion, would doubtless find that amount at first too much for the system. Let such take it as they can bear it, gradually increasing the quantity, and they will find in a few months at farthest, that three hours of exercise daily will not exceed their actual necessities.

"I give it as my decided opinion, that the above allotted time, (three hours daily,) is not more than is necessary for students. Five or six hours of severe mental labor a day, is as much indeed as the economy can bear without injury."—*Professor Harris, Medical Institution, Philadelphia.*

"For a close student, three hours in the twenty-four, of active labor, is certainly not too much. Perhaps it does not exceed the minimum."—*Professor Staughton, Ohio Medical College.*

"From two to four hours in a day, may be advantageously employed in exercise."—*Dr. Mussey, Professor Medical Department, Dartmouth College.*

"As a general rule, three hours each day, properly divided into two or three periods, would be a suitable quantity for close students."—*Professor Sewall, Washington, D. C.*

"Three hours of exercise each day, is surely little enough for those who aim to have a sound mind in a sound body. The law of connection between the healthy, vigorous, and locomotive powers of the muscular system, and the state of the affections and operations of the mind, has not yet been sufficiently investigated.—Facts show its existence and importance. How can any one who aspires to any force of character, act in conformity with this law, and keep his whole muscular system in a state of healthy, vigorous, and

* A long series of experiments has taught me, that I am able to endure such labor with a broken constitution, and a very small share of physical force. The apprehensions of many on this subject I am confident are unfounded. Any man who is able even moderately, to study, is able to work, provided he employs on this kind of exercise with caution, and pursues it with judgment."—*Professor Goodrich, Yale College.*

spontaneous action, without affording it at least three hours daily of its natural and only source of nutrition, exercise."—*Rev. Thomas H. Gallaudett, Hartford, Conn.*

"I should think that three hours a day would not be too much for a close student to devote to exercise."—*President Wayland, Brown University.*

"Three or four hours at least should be daily devoted to some species of bodily exertion."—*Disorders of Literary Men.*

"Even after prescribing four hours of exercise each day for the youthful student when he is grown up, whatever be his office, he ought not to have less than three hours a day to employ in bodily exercise."—*Professor Salzman.*

RELIGIOUS MISCELLANY.

We have received, in pamphlet form, "A Farewell Sermon, preached to the Church and Society in Cornwall, May 29, 1836, by Jedediah Bushnell, late Pastor, new edition." From a hasty glance at the work, we think well of most of it. The following is the peroration.

It now remains for me to take my leave of you, as your pastor, which, all things considered, I readily do. I commenced preaching the Gospel thirty-eight years ago last February. The first five years of my ministry, except a few weeks, I labored in the new settlements of our country, most of the time an itinerant missionary in behalf of the missionary society of Connecticut. I have always considered that as the most happy and useful period of my whole life. I have been the pastor of this church and people thirty-three years, on the day of my dismissal. I have generally been happy with my people. I rejoice that I have been located here in Providence, and am well satisfied with my dismissal, at the present time. I think the time has fully come for that event. I thank you for all the respect, which you have shown me through a long ministry, and for all the assistance you have afforded to my person, and family, and to the cause placed under my labors. We all have had our faults. I have had many. I thank you for the courtesy with which you have overlooked my mistakes through many years. It is true, and not too much to be said, at this time, that you have inclined to bury my faults, rather than hold them up to public view. This has been much to your credit, and for my comfort. I thank you also, for the donation, which you generously voted me, at the close of the sitting of the council for my dismissal, as expressive of your respect and kindness to me. Suffice it to say, that I am entirely satisfied with the adjustment of my dismissal, and of all things in the settlement of affairs, and am this day happy.

I earnestly desire, that our affections may continue to be mutual, and our intercourse free and happy, while we live. It would be easy for me, though dismissed, to make you some unhappy, and for you to make me and my family so; but I pray God, that this may never be the case; but that we may live together, as those engaged in the same holy cause, and bound to the same happy world, where so many are gone, who now rejoice in their once mutual fellowship here below.

Live, my dear people, together in love. Keep the unity of the Spirit in the bond of peace. Make the sanctification of the church of God, and the salvation of sinners, your ruling object here below.—Subordinate all other valuable interests to that last end of God among men in this world. Let past differences of opinion, if there be any, be forgotten, and every person combine in sweet concert to build up the house of the Lord. Associate together, and bear the ark of the covenant of the Lord of hosts forward to the salvation of this people.

A thousand tender emotions crowd on my mind, in parting with you, and mingle with my hopes and fears for your future welfare. Fourteen times, within the space of thirty-three years, has the Holy Ghost from heaven been sent down upon this people with divine power. Some of these revivals have been very general through the town. Others of them have been more limited in their influence.—But all of them have been very happy, in their results. During the same period, six hundred and eighty-two persons have been added to this church: some of them by letters, but far the greater portion of them by profession. Among these there have been some failures, which have caused us grief. But the greater share of them have maintained that consistency of character, which has enabled them to pass as believers among men. Many of them have removed to new settlements, and it is hoped are building up Zion there. In this respect we have swarmed like a hive. Many others have died, who, it is hoped, are now in glory. Some of them, in their last moments, manifested a holy triumph which death itself out-braved.—They now sleep in the dust; let them sleep on, until the Archangel's trumpet shall raise their sleeping dust and we see them again in body and soul. Many also from this church have been educated, and have gone into the gospel ministry: all of these, it is believed, have been useful, and some of them have risen to eminence in their work. A large class of others are now in a course of education for the same

blessed service. It has long been my opinion, that in these streams emitted from this church, she has done more good abroad, than at home. How far I have been an instrument in the hand of God of promoting these good works is, at present unknown. The people, it is believed, have done much. To those who still remain impenitent, I would say, the Lord take care of you, and give you a future pastor, who may win you to salvation.—My dear people, with whom I have so long labored amidst the frosts of winter and heats of summer, pray for me and my family, and may I pray for you.—My brethren of the church and congregation, I bid you an affectionate farewell.—And now may the Lord, the God of the spirits of all flesh, set a man over this church and congregation. AMEN.

From the New-York Observer.

The late Mrs. Taylor and Harlan Page. It was known that Mrs. John S. Taylor, of New-York, who died a few months since in the triumphs of faith, had for many years considered the lamented Harlan Page as the instrument, under God, of her conversion. This she had often expressed to her friends, relating many circumstances illustrating his fidelity, in which he persevered for months, amid many discouragements. The following scrap, written by her in pencil, just before her death, shows that she attempted, though in great weakness of body, to leave some memorial of his efforts for her salvation:—"In Sept. 1828," she says, "I first saw Mr. Page at a meeting for religious inquiry. I then supposed it was my sincere desire to know 'what I must do to inherit eternal life;' but my views of the part I was to take in the great work were entirely erroneous, and when urged to close the contest with God by then submitting to him, it excited the most rebellious feelings. After much conversation and several prayers, Mr. Page accompanied me home, continuing to press the claims of immediate duty.

"You can do nothing more," said he, "than cast yourself unreservedly on the mercy of Christ. He will do you no injustice; of that be assured. Resolve from this time to live for God—to engage in duty and leave all with him."

"On learning that I was engaged in teaching, he begged me to consider the important station I filled, and the opportunity given me for being peculiarly useful. His great aim seemed to be, that my heart might be filled with love for the work of a Christian. 'Can you not think of one and another dear friend whom you are anxious should become sharers in the blessings of the Gospel? Does not your mind rest upon many whom you may warn of their danger, and urge to attend to the salvation of their souls?'

"He continued to visit me every week; urged me to attend prayer meetings and other services, especially meetings for religious inquiry. At one of these meetings, while the clergymen and others were praying in an adjoining room, Mr. Page remained with the inquirers. Never can I forget the expression of his countenance, as he presented the claims of Christ, and represented him as standing at the door knocking till his head was filled with dew and his locks with the drops of the night." He then repeated with great solemnity the hymn:

'Behold a stranger at the door!
He gently knocks—has knocked before;
Has waited long—is waiting still;
You treat no other friend so ill.

Oh, lovely attitude! he stands
With melting heart and loaded hands!
Oh, matchless kindness! and he shows
This matchless kindness to his foes!

But will he prove a friend indeed?
He will: the very friend you need;
The friend of sinners. Yes, 'tis He,
With garments dy'd on Calvary.'—&c.

Each verse and line he repeated in a most emphatic and appropriate manner, interspersing remarks calculated to deepen the impression. While commenting on the second and third verse, he wept, and—

Here the scrap ends, and the writer went to that blessed abode which she had often said had more attractions, because she should there unite with HARLAN PAGE in ascribing all praise to redeeming love.

MISSIONARY.

From the Bap. Missionary Magazine, Nov. 1836.

Deputation to the Missionary stations in the East.
Journal of Rev. Howard Malcom.
Concluded.

Tuesday, 26. Becalmed. Juggernaut's temple about 90 miles distant. It is difficult to abstain from gazing over the side perpetually, at the countless numbers and variety of aquatic creatures which, far and near, sport themselves on the smooth warm surface of the sea. Through the glass we discern numerous turtles, puffing pigs, &c., while nearer at hand are sharks, dog fish, sun fish, toad fish, cuttle fish, porcupine fish, snakes, sea lice, spiders, &c., and on every fragment of bamboo, or wood, or cocoa-nut husk, which floats along, are various shell fish, suckers, and worms. Different parties took the boat from time to time, and rowed about, getting three fine turtles, and picking up, with the hand or with the grains, a great

variety of creatures, which we should be glad to preserve, if we had the conveniences. I began my port folio, by making drawings of several of the fishes.—We got six or eight crabs, (the body of four of which was about as large as a half dollar, and the others smaller,) which were exceedingly beautiful and various in their colors. In a piece of porous wood, not exceeding four inches square, we found perhaps fifty different insects, all, of course, new and curious to us. What an opulence of divine power and skill, is seen in this endless variety of animated beings! All perfect in their kind—all happy in their way—all fulfilling some object for which they were made. "O that men would praise the Lord for his goodness and his wonderful works!"

Monday, Feb. 1. Have been beating about several days, looking for a pilot.—At our concert of prayer this evening, it was an affecting consideration that on all this coast, from Cuttack to Calcutta, not a solitary evangelist holds forth the word of life. Commercial zeal maintains, at great expense, buoys, light-houses, telegraphs, and pilots, lest property should be lost on these numerous shoals; but Christian zeal has not lit up the torch of truth, to save the thousands of these people from the loss of the soul! O Zion! thy wealth cankers. Thy worldliness, in expensiveness, in fashions, and in pursuits, oppresses thy graces, destroys thy power, and leaves whole nations unblest with thy light! O, for some such devotedness as men of earth exhibit in the ways of pleasure and of gain! O that the millions of money annually wasted by professed Christians in the United States, were expended, not in injury to the church, but in elevating from barbarism, misery, and death, the untold millions of heathen!

3. Yesterday, about 8 o'clock, A. M. we got a pilot, and are now getting slowly up the Hoogly, hoping to find at Kedgeree, about 60 miles up, some conveyance for our friends who are going to Calcutta. The boat which brought on board the pilot, was manned with nine lascars. My heart melted at this first sight of idolaters. Compassion and awe have been seldom more strongly excited. Looking round on the others, who stood looking over the ship's side, I found my eyes were not the only fountains of tears. To-day we have seen many more natives, who came off to us in their boats. Most of them have only a white cotton cloth, two or three yards long, wrapped round their loins; some have the cloth long enough to cover the shoulders, or another one for that purpose, and a very few wear turbans of the same material—none have any defence to the feet. Their complexion is not much different from that of colored people in our northern states, who have not generally the jet color of Africans—some of the younger ones were not so dark, and had more of the red tint of the American Aborigines. Their stature is small, limbs well proportioned, countenances intelligent—nose aquiline—teeth very white—hair black and inclined to curl. A fishing-boat attached itself to our stern as we lay at anchor, and remained during the whole ebb tide, in company with another which had come to offer aid in working the ship. It was interesting to observe the extreme neatness with which they prepared their rice and fish, and the great amount they devoured. The customary meal is about two pounds of rice. Lascars, and other natives in Government employ, are allowed six pounds of rice per day. It is to be considered, however, that they eat little else. The mess was equally divided, and amounted to about 3 pints to each man. They ate with the fingers, or rather with the hand; pressing together as much as they could well grasp; and cramming as much of it as they could hold into the mouth, let the remainder fall back into the dish again;—then picking up a small morsel of the fish. It was an ocular proof of the propriety of the eastern custom of "washing before meat," a custom which a mere American reader might regard as founded only in superstition. After dinner, and smoking, they lay down to sleep. Untying the girdle, they made it answer as a sheet, and the lare deck formed their couch. Though we find it warm in the middle of the day, (thermometer in the shade 79 deg.) they all complained of the cold, and laid themselves in the full blaze of the sun.

The boats are similar to ours, but pointed at each end, and heavier, and decked over so that the rowers sit flat on the floor, or on a very low stool, having the oar fastened at the top of two small sticks, about two feet long, set up like the letter A. Most of the oars were bamboo rods, with a flat piece, about 18 inches long, at the end. They are short, and the rowers sit in pairs, side by side, while the boat is steered by an oar in the stern.

4. Parted with our friends, who went on board a steamboat for Calcutta.

5. Went ashore, and after visiting Mr. Rosseau, telegraph officer at this station, strolled through the bazar. It was market day, and we found rice, grain, sugar, milk, eggs, fowls, cocoa-nut and mustard-seed oil, mats, oranges, guavas, bananas, plantains, shattucks, (called here pomelos), pine-apples, yams, sweet potatoes, onions, cabbages, carrots, Irish potatoes, lettuce, &c. &c., but no butcher's meat. Generally the prices were much cheaper than with us; but such of the articles as do not properly belong to a tropical climate,

were of very poor quality. The mustard is cultivated in large fields, simply for the oil, which is prized not only for burning, but for cooking, and especially for anointing oil, in which last mode the consumption is very great.

7. Weighed anchor yesterday about 2 o'clock, and dropped down the river till dark. The navigation here is so intricate as seldom to be attempted at night.—From midnight till this morning at eight o'clock, the fog and dew sent down from the rigging a continual dropping, like a smart shower. A good rain of an hour's duration would not have wet the ground more deeply. What a merciful provision in a country where no rain occurs for so long a period! A fine wind and ardent sun cleared the atmosphere about eight o'clock, and we are now swiftly gliding on toward Amherst, where we hope to arrive in eight or ten days.

[In another part of the Magazine from which we have been copying the above interesting journal of brother Malcom, we find the following horrifying account of the state of things in and around the Liberian Colony. How much longer is this sinking, rotten affair—the safety value of American slavery—to be held up as a missionary establishment? If the Missionary Society would much longer have the patronage of the intelligent and honest, in the support of their labors on the African coast, they cannot too soon dissolve connection with the operations of the American Colonization Society.]—Ed. Tel.

WEST AFRICA.

Extracts of a letter from Mr Crocker, dated Edina, June 21, 1836.

We have just received your letter, dated the 27th Feb., accompanied by several communications from other friends, and a quantity of provisions sent out by br. C.—The letters and periodicals have been very refreshing to us. The provisions were also very acceptable, as they are very scarce, at the present time, in the colony. Some, no doubt, are now actually suffering for hunger. We received a letter from Millsburg, a day or two since, which stated that the inhabitants were in a state of starvation; that they could not get cassadas, (their last resort), to eat. We have heard a similar report from Caldwell.—The colonists are almost altogether dependent upon the natives for their sustenance. When, therefore, the natives do not have a sufficient supply of food to sell, the colonists suffer. When wars rage among the various tribes, and prevent them from cultivating their ground, the colony participates with the natives in the privation of food. If they make war upon the natives, and destroy their rice fields, as in the last war at Bassa Cove, they cut off their own supplies. This state of things, arising from the mistaken policy of the colonists, in neglecting agriculture for the sake of trade. Those who had any capital when they came out, have gone to trading with the natives, and in a vast majority of instances have run thro' with their property in this way. Those who have done any thing in agriculture, have been in general too poor to purchase cattle for working, and have therefore been able to do nothing very extensively, in cultivating the soil. The land, it is true, is fertile, but its fertility is chiefly seen in the rank growth of the weeds, grass, and bushes. To keep these down, merely with a hoe and cutlass, requires no small degree of labor. If the new colony at Bassa Cove go on as they have begun, we think they may be able, after a while, to render themselves in great measure, if not altogether, independent of the natives for their supplies of food. We hope this will be the case. Their present agent has done much to promote this object;—but his health is so much impaired at the present time, that we fear he will soon be compelled to leave the country for America. When he leaves, an agent of similar qualifications will be very much needed, to carry forward what he has begun.

When we wrote you last, I was just recovering from a severe attack of the fever. Since then, I have had no attack of fever, and, with the exception of a cutaneous affection peculiar to this country, have been remarkably well. The health of brother M. is, in general, better than it was in America.

At the time of my last letter, we were contemplating a school for the natives, to be located in the colony. We had the promise of king William Gray, and king Sante Will, and several head men, that they would send their children. Soon after I wrote, I went back into the country about twenty miles, to Sante Will's town, to see what they intended to do. I found quite an apathy among the natives in regard to the school. As they find it difficult, if not impossible, to conceive of any person being actuated by a higher motive than pure selfishness, they seemed to look upon the subject with a suspicious eye. They however declared that the reason why they did not send their children, was scarcity of food. They said that when the crops of rice came in, they would send them. As our means would not admit of our establishing a school within the limits of the colony, (for the natives would not send their children unless we supplied them with food,) and believing it very important to acquire the

confidence of the natives in our object—also, being exceedingly desirous of becoming acquainted, as soon as possible, with their language, I concluded to go and take up my residence with them. I am now on a visit to Edina, having come down to attend the dedication of our new Baptist meeting house at Bassa Cove. I shall, if Providence permit, return to-morrow to Sante Will's town. I have had a few children under my instruction, and expect a few more from other towns, as soon as the rice comes in. This will be the case in a few weeks. Having instructed the children under the eye of Sante Will, from day to day, his suspicions seem to be removed, and he is very desirous of my staying at his town. I told him, some days since, that the people at Monrovia wished me to have a school there. He said, "You must not go: God sent you here!" Although he has no fear of God before his eyes, yet his remark affected me some, and rather tended to confirm me in the belief that I was in the path of duty. I live in a bamboo house, about six feet by eight on the ground, and about four feet from the ground to the eaves. This is occupied by my interpreter and myself. Our bed is the ground, with two or three mats spread on it. I have a fire on that part of the ground not occupied as a bed, every evening, and the smoke finds its way out as it can.—The king promises to build me a larger house, if I will take up my abode there. If I were satisfied that this town would be the best location for a residence of some considerable length of time, I would get a comfortable native hut erected, which might be done for ten or fifteen dollars. But, knowing a little of the fickleness and deceit of the native character, I fear I may be obliged to take up my abode somewhere else, before a great while.

In dealing with the natives, it is almost impossible to form any very definite plan for the future. I trust that God will direct us in the path of duty. I have found Him present to comfort me, when away from Christian friends and sanctuary privileges. The hope that God will make me instrumental of good to this people, makes my situation pleasant. O, how much this people need the influence of the gospel! When I was there, the last time, I had to give some cloth and tobacco, to redeem a native from death. He was one who came up with us in a canoe. He met, in one of the adjacent towns, with another native, whose father had been killed a long while ago, in a war with a tribe to which he belonged, and the son declared that he would revenge the death of his father.—They came to Sante Will's town. I saw the fellow who wished to slay the other. He seemed very fierce and revengeful, and when requested to take a ransom, said it was not a money palaver, and he would have the fellow's life. The head man of the town, to which the avenger belonged, fearing that he should lose his influence with the Americans, was induced, at the earnest request of two or three traders, who were present, to prevent the perpetration of the crime, and compel the fellow to accept of some cloth and tobacco for the ransom of the victim. Two or three weeks ago, a little boy, about eight years old, who was frequently following me about, and jabbering in the country language, was carried off to be sold as a slave. I felt badly about it, though I did not know, till some days after he was gone, that he was carried off for this purpose. The king knowing that I was opposed to slavery, had no doubt designedly concealed it from me. He was kept confined in a town about four miles from Sante Will's place, for some days. He was carried to the sea shore, but the slave vessel had just gone; so they brought him back, much to the joy of the boy, who said he cried all the way to the sea. When will the nations of the earth combine their power to crush this abominable traffic? We need one or two frigates constantly on this coast, to catch the slavers. We frequently see them lying off not a great distance from the shore, waiting to take in a cargo of slaves. I have seen the king and his son feely quarrelling, in consequence of drinking rum which the slaver had sent to induce him to trade!

Br. Mylne, for the present, preaches to the people at Bassa Cove, and is pursuing the study of the language in the colony. This course, so far as we can see, seems to be in accordance with the leadings of Providence. Several circumstances combine to make it desirable that one of us should remain in the colony for the present. Br. Mylne has had much care and perplexity in superintending the building of the meeting house; but it is at length nearly completed. Although we have endeavored to be as economical as we could, the expense of building the house has exceeded our calculation. The whole amount will be not far from 650 dollars. 150 of this will be probably procured in this country. There is not a single member of the church at Bassa Cove that is able to contribute a dollar towards the building. We feel some solicitude to know how our call upon the benevolence of Christian brethren in America will be received. The people having been robbed and spoiled, have strong claims upon the sympathies of their more favored brethren in America. We trust they will be met with a promptitude becoming the followers of Him, who "though he was rich, yet for our sakes became poor."